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Home-Made Elemental Diet

High Carb/Lower Fat Option

Credit to: Dr. Alison Siebecker at SIBOINFO.com

An elemental diet is a diet made up of basic food particles, glucose, fat, and amino acids. When working with SIBO patients, this kind of diet, which is disaccharide free, will starve and thus kill the overgrowth of colonic bacteria in their gut.

This is the ONLY food a person can eat and must be done for two weeks, so it is a big commitment.

The Ingredients:

Jo Mar Labs Pure Form 21 Blend: 1000 gram size \$142

Honey jar(s): Total of 90 oz (buy in supermarket, and use honey that is clear, not cloudy)
OR

Dextrose 10 pound size: \$26

Oil—Coconut, Olive: 2 jars of 33.5 fluid oz/990 ml

Polyphenol Nutrients: 1 container

Optional: Vanilla flavoring from Frontiercoop.com

Directions: Mix the below together for each meal, taken three times a day

2 TBSP (+) 1 tsp Pure Form 21 Blend (28 grams protein/meal)

7 TBSP Honey (121 grams carbs/meal) **OR** Slightly less than 2 Cups Dextrose (120 grams carbs/meal)

1 TBSP Oil (14 grams fat/meal)

2 capsules of Polyphenol Nutrients

Instructions: Mix together into a blender with water to the thickness of your desire. Ice may be added after the honey is blended in (and ice is recommended to be used as coldness helps hide the taste). ONLY use water and no other liquid. All ingredients may be taken separately, as well, if wished. For example, you can add the amino acids to water, and then sip on that, using it to swallow your multiple, as you take honey and oil in spoonfuls, but mixing it all together is easier.

You can use honey in one meal and then dextrose at another. You can mix the oils used as well.

These doses are based on a 2000 kcal diet. For people needing less calories you would use PER MEAL:



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2 TBSP amino acids

6 TBSP Honey (104 grams carb/meal) or a touch more than 1/2 cup Dextrose (104 grams carb/meal)

2 tsp Oil

Total calories: 1700 kcal/day in three meals

Warning: It does not really taste that good, (although the higher calorie version should be pretty sweet), but it is a therapeutic diet used to kill problematic gut bacteria.